



SESSION: 4 Winter Welcome

Ages 4-5yrs
45 min

v.1 2025



Props:

Polka Dots Stamps

Playlist

- 1) I'm a Believer
- 2) Merry Old Land of OZ
- 3) Shake My Sillies Out
- 4) Sleighride
- 5) Hot Chocolate
- 6) Supercala...
- 7) I Think I'm Gonna Like It Here
- 8) Spoonful of Sugar
- 9) Under The Sea
- 10) N/A
- 11) Me-Ah Smile
- 12) Double Bubble Gum
- 13) N/A
- 14) N/A

Attendance – welcome and warm up (5 min)

Warm up in lines – with polka dots

- 1) Follow the Leader – in circle around polka dots
- 2) Warm up - in circle

Creative Movement (2 min)

- 3) Shake My Sillies Out
- 4) Sleighride – mime winter activities

Across Floor – Locomotor Skills (5 min)

2 **or 3 lines across the floor, one at a time**

- 5) High Marches – on demi pointe
- 6) Together, line across room – slow chasse – gallop and switch

Centre Work – Stationary Skills (10 min)

in lines – with polka dots – work on merging away from using polka dots for spots

- 7) Combo #4 – Retire and balance
- 8) Combo #5 – Heel toes with plank
- 9) Combo #6 – 8 skips, 4 jumps, 4 claps

Vocals (10 min)

- 10) Breathing – Pant like a dog, play doh face, fishy lips
- 11) Me-Ah Smile
- 12) Double Bubble Gum

Improv (10 min)

- 13) Teachers Choice – Improv, Acting or Charades

Goodbye (2 min)

- 14) Circle and Bow to friends, bow to teacher

must be lined up at door to receive stamps